



New Medi-Cal Rules

For People with Disabilities and Seniors

In Alameda County

Most people with disabilities and seniors must enroll in a Medi-Cal Health Plan.
You must enroll by the end of your birthday month,
between June 2011- May 2012.

This information can help you decide
which Medi-Cal Health Plan is best for you.

If you are already in a Plan, you do not have to do anything.

If you live in Alameda County, you must choose
Alameda Alliance for Health or Anthem Blue Cross.

These are Medi-Cal Health Plans.
You will still have Medi-Cal in both of these Plans.

To learn about these Plans, call
Alameda Alliance for Health: 1-877-371-2222
Anthem Blue Cross: 1-800-227-3238

To enroll in either Plan, call
Health Care Options: 1-800-430-4263

If you do not enroll in Alameda Alliance for Health or Anthem Blue Cross
by the end of your birthday month, we will enroll you in one of them.

Please look inside for details and phone numbers.



Choosing a Medi-Cal Health Plan in Alameda County:

- **Use the chart** below to compare Medi-Cal Health Plans.
- **Choose the Plan** that includes the doctors that are most important to you.
 - Ask your doctors which Plans they take. Or call the Plan and ask.
 - If a doctor you use is not in the Plan, you may still be able to see him or her. Ask your doctor.
 - If you get care through a special program (like CCS, GHPP, or Waiver), your care for those conditions will not change. But, you will get other care through a Medi-Cal Health Plan.
- **To enroll in a Plan**, call **Health Care Options** at **1-800-430-4263** and enroll on the phone. *Or* use the enrollment form that came in this envelope.
- 15 - 45 days after you enroll, your new Plan will send you a membership card. While you are waiting for it, keep using the doctors and hospitals you use now.

	Medi-Cal Health Plans	
	Alameda Alliance for Health 1-877-371-2222 www.alamedaalliance.org	Anthem Blue Cross 1-800-227-3238 www.anthem.com/ca
Basic Services		
Basic Medi-Cal Benefits	Same	Same
24-Hour Advice Nurse	Call your doctor or clinic.	Yes
Interpreter Services	Yes	Yes
To Get a List of Preferred Drugs	1-877-371-2222	1-800-700-2541
Costs to You		
Cost for Doctor Visits	\$0	\$0
Cost for Drugs	\$0	\$0

Kaiser Medi-Cal Health Plan is available to a limited number of people with Medi-Cal. To be eligible, you must have had coverage through Kaiser in the past 6 months, must have it currently, or you must have an immediate family member currently enrolled in Kaiser. To get Kaiser, you must first enroll in Alameda Alliance for Health.

Hospitals you can go to for medical care are listed below.

You will usually go to the hospitals that your doctor works with.

For hospitals where you can go for mental health care, call 1-800-491-9099.

Alameda Alliance for Health	Anthem Blue Cross
<ul style="list-style-type: none">• Alameda County Medical Center, Highland Hospital• Alameda Hospital• Alta Bates Summit Medical Center–Alta Bates, Herrick, and Summit Campuses• Eden Medical Center–Castro Valley and San Leandro Campuses• UCSF Medical Center• ValleyCare Medical Center• Valley Memorial Hospital• Washington Hospital	<ul style="list-style-type: none">• Alameda County Medical Center, Highland Hospital• Alta Bates Summit Medical Center–Alta Bates, Herrick, and Summit Campuses• Children’s Hospital Oakland• Eden Medical Center–Castro Valley and San Leandro Campuses• Laurel Grove Hospital• St. Rose Hospital

Useful Phone Numbers

Denti-Cal Information about dental care that is covered by Medi-Cal for people under age 21	1-800-322-6384
--	----------------

Alameda County Area Agency on Aging Information and referrals to many services for people with disabilities and seniors	1-800-510-2020
--	----------------

Alameda County Behavioral Health Care Services Information about mental health services	1-800-491-9099
---	----------------

Alcohol and Drug Programs Help with alcohol and drug problems	1-800-879-2772
---	----------------

If You Have a Problem with Medi-Cal, your Plan, or Getting Care

Help Center Help if your Medi-Cal Health Plan denies the services you need	1-888-466-2219
--	----------------

Medi-Cal Managed Care Ombudsman Help if you have a problem you cannot solve with your Plan	1-888-452-8609
--	----------------

Medi-Cal State Hearing File an appeal if your Plan denies the services you need	1-800-952-5253
---	----------------

Alameda Alliance for Health Help if you have a problem with Alameda Alliance for Health	1-877-371-2222
---	----------------

Anthem Blue Cross Help if you have a problem with Anthem Blue Cross	1-800-227-3238
---	----------------